

Monday Breakfast

FWD

Room no:
Name:

Portion Size:
☐ Small
☐ Normal

Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Bacon
- ☐ Grilled Tomato
- ☐ Pancake

Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee
- ☐ Milk
- ☐ Sugar
- ☐ Equal

Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Peaches

Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

Bakery

- ☐ Toast Multigrain
- ☐ Toast White
- ☐ Toast Wholemeal
- ☐ Toast Raisin
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal

Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

Monday Lunch

FWD

Room no:
Name:

Portion Size:
☐ Small
☐ Normal

Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

Soup

- ☐ Chicken Consommé
- ☐ Minestrone Soup

Main Course (Select One Only)

- ☐ Grilled Fish Fillet
 - ☐ Serve with butter lemon ginger sauce
- ☐ Moroccan Lamb Tagine
 - Moroccan inspired lamb stew slow cooked with fresh diced vegetables
- ☐ Tuscan Vegetable Frittata
 - served with Napolitana sauce
- ☐ Chicken & Asparagus Salad Plate
- ☐ Cheese & Steak Panini
 - Panini bread, grilled steak, cheddar cheese, pickled relish, fresh sliced tomato and lettuce

Accompaniments

- ☐ Mashed Potato
- ☐ Steamed Rice
- ☐ Seasonal Vegetables
- ☐ Side Salad

Desserts

- ☐ Apple Crumble
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

Monday Dinner

FWD

Room no:
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Portion Size:
☐ Small
☐ Normal

Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

Soup

- ☐ Beef Consommé
- ☐ Pumpkin Soup

Main Course (Select One Only)

- ☐ Spaghetti Bolognese
 - Traditional spaghetti bolognese with grated parmesan cheese
- ☐ Herb & Garlic Grilled Chicken Breast
 - Served with ☐ cacciatore sauce or ☐ gravy
- ☐ Pumpkin & Ricotta Quiche
- ☐ Hawaiian Pineapple and Ham Salad Plate
- ☐ Light Assorted Sandwiches

Accompaniments

- ☐ Mashed Sweet Potato
- ☐ Seasonal Vegetables
- ☐ Side Salad

Desserts

- ☐ Black Forest Gateaux
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer

Tuesday Breakfast

FWD

Room no:
Name:

Portion Size:
☐ Small
☐ Normal

Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Beef Sausages
- ☐ Grilled Tomato
- ☐ Baked Beans

Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee

Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Pears

Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Croissant

Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

Tuesday Lunch

FWD

Room no:
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Portion Size:
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Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

Soup

- ☐ Vegetable Consommé
- ☐ Cream of Chicken Soup

Main Course (Select One Only)

- ☐ Stir Fry Chicken with Vegetables
Diced chicken sautéed with Asian vegetables
- ☐ Grilled Sirloin Steak
Serve with ☐ pepper & mushroom sauce or ☐ gravy
- ☐ Pasta Macaroni and Cheese
Cheesy macaroni pasta bake served with Mornay sauce
- ☐ Roast Beef & Dill Pickles Salad Plate
Slice of roast beef and dill pickles served with garden salad
- ☐ Ham & Salami Ciabatta
Stonebaked Ciabatta bread, salami, ham, cheddar cheese, tomato relish, fresh sliced tomato and spinach

Accompaniments

- ☐ Mashed Sweet Potato
- ☐ Steamed Rice
- ☐ Seasonal Vegetables
- ☐ Side Salad

Desserts

- ☐ Profiteroles
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

Tuesday Dinner

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Room no:
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Portion Size:
☐ Small
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Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

Soup

- ☐ Chicken Consommé
- ☐ Lentil Soup

Main Course (Select One Only)

- ☐ Hungarian Beef Goulash
Hungarian classic stew of slow cooked beef in a rich smoky tomato and paprika sauce
- ☐ Poached Barramundi Fillet
Serve with lemon caper sauce
- ☐ Vegetable Lasagna
served with mixed Italian herb infused Napolitana sauce
- ☐ Chicken Caesar Salad Plate
Cos lettuce, grilled chicken, crispy bacon, croutons and parmesan cheese
- ☐ Light Assorted Sandwiches

Accompaniments

- ☐ Mashed Potato
- ☐ Steamed Rice
- ☐ Seasonal Vegetables
- ☐ Side Salad

Desserts

- ☐ Chocolate Mousse
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer

Wednesday Breakfast

FWD

Room no:
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Portion Size:
☐ Small
☐ Normal

Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Bacon
- ☐ Grilled Tomato
- ☐ Pancake

Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee
- ☐ Milk
- ☐ Sugar
- ☐ Equal

Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Two Fruits

Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

Bakery

- ☐ Toast Multigrain
- ☐ Toast White
- ☐ Toast Wholemeal
- ☐ Toast Raisin
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal

Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

Wednesday Lunch

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Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

Soup

- ☐ Beef Consommé
- ☐ Tomato Soup

Main Course (Select One Only)

- ☐ Stir Fry Prawns and Vegetables
Healthy and colourful Asian inspired stir fry prawns and fresh mixed vegetables
- ☐ Roast Leg of Lamb
Served with ☐ gravy or ☐ mint jelly
- ☐ Garden Vegetable Quiche
- ☐ Thai Chicken Salad Plate
Marinated grilled chicken on Asian style salad tossed with sweet chili dressing and chopped coriander
- ☐ Smoked Salmon Charcoal Seeded Bun
Charcoal seeded bun, smoked salmon, cream cheese, spanish onion, guacamole, capers, cucumber & wild rocket

Accompaniments

- ☐ Mashed Potato
- ☐ Steamed Rice
- ☐ Seasonal Vegetables
- ☐ Side Salad

Desserts

- ☐ Tiramisu
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

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Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

Soup

- ☐ Vegetable Consommé
- ☐ Kumara Soup

Main Course (Select One Only)

- ☐ Veal & Mushroom Ragu
Veal deglazed in white wine and slowly cooked with diced vegetable and mushrooms
- ☐ Cajun Lime Grilled Chicken Breast
Served with ☐ gravy or ☐ peri peri sauce
- ☐ Spinach and Fetta Filo Pastry
- ☐ Greek Salad Plate
Celery, cherry tomato, kalamata olives, capsicum and red onion garnished with fetta cheese and herbs
- ☐ Light Assorted Sandwiches

Accompaniments

- ☐ Mashed Potato
- ☐ Rice Pilaf
- ☐ Seasonal Vegetables
- ☐ Side Salad

Desserts

- ☐ Lemon Citrus Slice
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer

Thursday Breakfast

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Room no:

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☐ Small

☐ Normal

Chilled Juices

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Tomato Juice |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Prune Juice |

Cereals

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Cornflakes | <input type="checkbox"/> Weetbix |
| <input type="checkbox"/> Natural Muesli | <input type="checkbox"/> All Bran |
| <input type="checkbox"/> Rice Bubbles | <input type="checkbox"/> Porridge |
| <input type="checkbox"/> Sultana Bran | |

Hot Breakfast

- | | |
|---|---|
| <input type="checkbox"/> Scrambled Eggs | <input type="checkbox"/> Grilled Tomato |
| <input type="checkbox"/> Beef Sausages | <input type="checkbox"/> Spaghetti |

Hot Beverages

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Tea | <input type="checkbox"/> Milk |
| <input type="checkbox"/> English Breakfast Tea | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Peppermint Tea | <input type="checkbox"/> Equal |
| <input type="checkbox"/> Coffee | |

Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Fruit Salad

Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

Bakery

- | | |
|---|---|
| <input type="checkbox"/> Toast Multigrain | <input type="checkbox"/> Bread Multigrain |
| <input type="checkbox"/> Toast White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Toast Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Toast Raisin | <input type="checkbox"/> Croissant |

Condiments

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Butter | <input type="checkbox"/> Jam |
| <input type="checkbox"/> Margarine | <input type="checkbox"/> Marmalade |
| | <input type="checkbox"/> Honey |
| | <input type="checkbox"/> Vegemite |

Thursday Lunch

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☐ Small

☐ Normal

Bakery

- | | |
|---|--|
| <input type="checkbox"/> Bread Roll White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Margarine |

Soup

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Chicken Consommé | <input type="checkbox"/> Pumpkin Soup |
|---|---------------------------------------|

Main Course (Select One Only)

- ☐ **Lamb & Tomato Casserole**
Slow cooked diced lamb with thyme and diced vegetables
- ☐ **Roast Loin of Pork**
Marinated pork with spiced pear. Served with
☐ apple sauce or ☐ gravy
- ☐ **Spinach & Ricotta Cannelloni**
served with Napolitana sauce
- ☐ **Smoked Salmon and Avocado Salad Plate**
- ☐ **Peri-Peri Chicken Sandwich**
Stonebaked Turkish bread, marinated grilled chicken, aioli, coleslaw and baby spinach

Accompaniments

- | | |
|--|--|
| <input type="checkbox"/> Mashed Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Steamed Rice | <input type="checkbox"/> Side Salad |

Desserts

- | | |
|--|--|
| <input type="checkbox"/> Sticky Date Pudding | <input type="checkbox"/> Ice Cream |
| <input type="checkbox"/> Fresh Fruit Plate | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> Lemon Sorbet |
| <input type="checkbox"/> Custard | |

Dairy/Cold Beverages

- | | |
|--|---|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Diet Lemon Cordial |
| <input type="checkbox"/> Skim Milk | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Orange Juice |
| | <input type="checkbox"/> Pineapple Juice |

Thursday Dinner

FWD

Room no:

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Portion Size:

☐ Small

☐ Normal

Bakery

- | | |
|---|--|
| <input type="checkbox"/> Bread Roll White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Margarine |

Soup

- | | |
|--|--|
| <input type="checkbox"/> Beef Consommé | <input type="checkbox"/> Chunky Vegetable Soup |
|--|--|

Main Course (Select One Only)

- ☐ **Beef Stroganoff**
Thin strips of beef sautéed with onions and mushrooms and cooked in a light sour cream sauce
- ☐ **Herb Crust Fish Fillet**
Herb crusted fish fillet baked with a slice of fresh lemon.
☐ Serve with White Wine Sauce
- ☐ **Zucchini & Fetta Royal Baked**
served with tomato and herb sauce
- ☐ **Prosciutto, Melon, Lettuce & Tomato Salad Plate**
- ☐ **Light Assorted Sandwiches**

Accompaniments

- | | |
|--|--|
| <input type="checkbox"/> Mashed Sweet Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Steamed Rice | <input type="checkbox"/> Side Salad |

Desserts

- | | |
|---|--|
| <input type="checkbox"/> Passionfruit Cheese Cake | <input type="checkbox"/> Ice Cream |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Custard | <input type="checkbox"/> Fruit Yoghurt |

Dairy/Cold Beverages

- | | |
|--|---|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Diet Lemon Cordial |
| <input type="checkbox"/> Skim Milk | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Orange Juice |
| | <input type="checkbox"/> White Wine |
| | <input type="checkbox"/> Red Wine |
| | <input type="checkbox"/> Light Beer |

Friday Breakfast

FWD

Room no:
Name:

Portion Size:
☐ Small
☐ Normal

Chilled Juices

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Tomato Juice |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Prune Juice |

Cereals

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Cornflakes | <input type="checkbox"/> Weetbix |
| <input type="checkbox"/> Natural Muesli | <input type="checkbox"/> All Bran |
| <input type="checkbox"/> Rice Bubbles | <input type="checkbox"/> Porridge |
| <input type="checkbox"/> Sultana Bran | |

Hot Breakfast

- | | |
|---|---|
| <input type="checkbox"/> Scrambled Eggs | <input type="checkbox"/> Grilled Tomato |
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Pancake |

Hot Beverages

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Tea | <input type="checkbox"/> Milk |
| <input type="checkbox"/> English Breakfast Tea | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Peppermint Tea | <input type="checkbox"/> Equal |
| <input type="checkbox"/> Coffee | |

Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Peaches

Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

Bakery

- | | |
|---|---|
| <input type="checkbox"/> Toast Multigrain | <input type="checkbox"/> Bread Multigrain |
| <input type="checkbox"/> Toast White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Toast Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Toast Raisin | |

Condiments

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Butter | <input type="checkbox"/> Jam |
| <input type="checkbox"/> Margarine | <input type="checkbox"/> Marmalade |
| | <input type="checkbox"/> Honey |
| | <input type="checkbox"/> Vegemite |

Friday Lunch

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☐ Small
☐ Normal

Bakery

- | | |
|---|--|
| <input type="checkbox"/> Bread Roll White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Margarine |

Soup

- | | |
|---|--|
| <input type="checkbox"/> Vegetable Consommé | <input type="checkbox"/> Mushroom Soup |
|---|--|

Main Course (Select One Only)

- ☐ Roast Peppered Beef
Serve with ☐ gravy or ☐ red wine sauce
- ☐ Grilled Atlantic Salmon Fillet
☐ *Serve with salsa verde*
- ☐ Stir Fry Noodles with Tofu and Vegetables
Sautéed Asian mixed vegetables in hokkien noodles with oyster sauce
- ☐ Cheddar Cheese & Tomato Salad Plate
Mature cheddar cheese with fresh iceberg lettuce and cherry tomato
- ☐ Corned Beef Sandwich
Turkey bread, slow-cooked corned beef, cheddar cheese, sauerkraut, mustard aioli and baby spinach

Accompaniments

- | | |
|---|--|
| <input type="checkbox"/> Mashed Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Roast Sweet Potatoes | <input type="checkbox"/> Side Salad |

Desserts

- | | |
|--|--|
| <input type="checkbox"/> Creme Caramel | <input type="checkbox"/> Ice Cream |
| <input type="checkbox"/> Fresh Fruit Plate | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> Lemon Sorbet |
| <input type="checkbox"/> Custard | |

Dairy/Cold Beverages

- | | |
|--|---|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Diet Lemon Cordial |
| <input type="checkbox"/> Skim Milk | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Orange Juice |
| | <input type="checkbox"/> Pineapple Juice |

Friday Dinner

FWD

Room no:
Name:

Portion Size:
☐ Small
☐ Normal

Bakery

- | | |
|---|--|
| <input type="checkbox"/> Bread Roll White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Margarine |

Soup

- | | |
|---|---|
| <input type="checkbox"/> Chicken Consommé | <input type="checkbox"/> Potato and Leek Soup |
|---|---|

Main Course (Select One Only)

- ☐ Chicken A la King
Diced chicken in a creamy sauce with mushroom and vegetables
- ☐ Cottage Pie
A classic English pie filled with savoury minced beef topped with baked potato
- ☐ Pumpkin and Spinach Lasagna
Layers of sauteed pumpkin and spinach with pasta and bechamel sauce. Baked with mozzarella cheese
- ☐ Tuna and Cucumber Salad Plate
- ☐ Light Assorted Sandwiches

Accompaniments

- | | |
|--|--|
| <input type="checkbox"/> Mashed Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Saffron Rice | <input type="checkbox"/> Side Salad |

Desserts

- | | |
|---|--|
| <input type="checkbox"/> Red Velvet Slice | <input type="checkbox"/> Ice Cream |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Custard | <input type="checkbox"/> Fruit Yoghurt |

Dairy/Cold Beverages

- | | |
|--|---|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Diet Lemon Cordial |
| <input type="checkbox"/> Skim Milk | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Orange Juice |
| | <input type="checkbox"/> White Wine |
| | <input type="checkbox"/> Red Wine |
| | <input type="checkbox"/> Light Beer |

Saturday Breakfast

FWD

Room no:
Name:

Portion Size:
☐ Small
☐ Normal

Chilled Juices

- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Tomato Juice
- ☐ Prune Juice

Cereals

- ☐ Cornflakes
- ☐ Natural Muesli
- ☐ Rice Bubbles
- ☐ Sultana Bran
- ☐ Weetbix
- ☐ All Bran
- ☐ Porridge

Hot Breakfast

- ☐ Scrambled Eggs
- ☐ Beef Sausages
- ☐ Grilled Tomato
- ☐ Baked Beans

Hot Beverages

- ☐ Tea
- ☐ English Breakfast Tea
- ☐ Peppermint Tea
- ☐ Coffee
- ☐ Milk
- ☐ Sugar
- ☐ Equal

Fruits

- ☐ Fresh Fruit
- ☐ Prunes
- ☐ Diced Pears

Dairy

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Fruit Yoghurt

Bakery

- ☐ Toast Multigrain
- ☐ Toast White
- ☐ Toast Wholemeal
- ☐ Toast Raisin
- ☐ Bread Multigrain
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Croissant

Condiments

- ☐ Butter
- ☐ Margarine
- ☐ Jam
- ☐ Marmalade
- ☐ Honey
- ☐ Vegemite

Saturday Lunch

FWD

Room no:
Name:

Portion Size:
☐ Small
☐ Normal

Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

Soup

- ☐ Beef Consommé
- ☐ Asparagus Soup

Main Course (Select One Only)

- ☐ Chicken Coq Au Vin
Chicken & bacon braised slowly in red wine
- ☐ Grilled Fish Fillet
☐ *Serve with coconut saffron sauce*
- ☐ Roast Vegetable Frittata
served with tomato concasse
- ☐ Turkey & Roasted Vegetable Salad
A selection of colourful roasted vegetables with slice of smoked turkey
- ☐ Light Assorted Sandwiches

Accompaniments

- ☐ Mashed Potato
- ☐ Rice Pilaf
- ☐ Seasonal Vegetables
- ☐ Side Salad

Desserts

- ☐ Strawberry Mousse
- ☐ Fresh Fruit Plate
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Lemon Sorbet

Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ Pineapple Juice

Saturday Dinner

FWD

Room no:
Name:

Portion Size:
☐ Small
☐ Normal

Bakery

- ☐ Bread Roll White
- ☐ Bread Roll Wholemeal
- ☐ Butter
- ☐ Bread White
- ☐ Bread Wholemeal
- ☐ Margarine

Soup

- ☐ Vegetable Consommé
- ☐ Tomato and Basil Soup

Main Course (Select One Only)

- ☐ Beef Burgundy
Diced beef, carrots, onion and mushrooms slow cooked in red wine sauce
- ☐ Lemon & Herb Chicken Breast
Served with ☐ gravy or ☐ red pesto sauce
- ☐ Fetta, Mushroom & Sundried Tomato Quiche
- ☐ Sweet Potato with Haloumi Cheese Salad
- ☐ Light Assorted Sandwiches

Accompaniments

- ☐ Mashed Potato
- ☐ Roast Potatoes
- ☐ Seasonal Vegetables
- ☐ Side Salad

Desserts

- ☐ Bread & Butter Pudding
- ☐ Jelly
- ☐ Custard
- ☐ Ice Cream
- ☐ Low Fat Ice Cream
- ☐ Fruit Yoghurt

Dairy/Cold Beverages

- ☐ Full Cream Milk
- ☐ Skim Milk
- ☐ Soy Milk
- ☐ Diet Lemon Cordial
- ☐ Apple Juice
- ☐ Orange Juice
- ☐ White Wine
- ☐ Red Wine
- ☐ Light Beer

Sunday Breakfast

FWD

Room no:

Name:

Portion Size:

☐ Small

☐ Normal

Chilled Juices

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Tomato Juice |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Prune Juice |

Cereals

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Cornflakes | <input type="checkbox"/> Weetbix |
| <input type="checkbox"/> Natural Muesli | <input type="checkbox"/> All Bran |
| <input type="checkbox"/> Rice Bubbles | <input type="checkbox"/> Porridge |
| <input type="checkbox"/> Sultana Bran | |

Hot Breakfast

- | | |
|---|---|
| <input type="checkbox"/> Scrambled Eggs | <input type="checkbox"/> Grilled Tomato |
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Spaghetti |

Hot Beverages

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Tea | <input type="checkbox"/> Milk |
| <input type="checkbox"/> English Breakfast Tea | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Peppermint Tea | <input type="checkbox"/> Equal |
| <input type="checkbox"/> Coffee | |

Fruits

- ☐ Fresh Fruit
☐ Prunes
☐ Diced Two Fruits

Dairy

- ☐ Full Cream Milk
☐ Skim Milk
☐ Soy Milk
☐ Fruit Yoghurt

Bakery

- | | |
|---|---|
| <input type="checkbox"/> Toast Multigrain | <input type="checkbox"/> Bread Multigrain |
| <input type="checkbox"/> Toast White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Toast Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Toast Raisin | |

Condiments

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Butter | <input type="checkbox"/> Jam |
| <input type="checkbox"/> Margarine | <input type="checkbox"/> Marmalade |
| | <input type="checkbox"/> Honey |
| | <input type="checkbox"/> Vegemite |

Sunday Lunch

FWD

Room no:

Name:

Portion Size:

☐ Small

☐ Normal

Bakery

- | | |
|---|--|
| <input type="checkbox"/> Bread Roll White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Margarine |

Soup

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Chicken Consommé | <input type="checkbox"/> Carrot Soup |
|---|--------------------------------------|

Main Course (Select One Only)

- ☐ Roast Beef
served with red wine sauce
- ☐ Steamed Barramundi Fillet
☐ *Serve with mornay sauce*
- ☐ Pumpkin and Lentil Puff
- ☐ Roast Chicken Salad Plate
Marinated roast sliced chicken with fresh garden salad
- ☐ Light Assorted Sandwiches

Accompaniments

- | | |
|---|--|
| <input type="checkbox"/> Mashed Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Roast Potatoes | <input type="checkbox"/> Side Salad |

Desserts

- | | |
|--|--|
| <input type="checkbox"/> Peach Crumble | <input type="checkbox"/> Ice Cream |
| <input type="checkbox"/> Fresh Fruit Plate | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> Lemon Sorbet |
| <input type="checkbox"/> Custard | |

Dairy/Cold Beverages

- | | |
|--|---|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Diet Lemon Cordial |
| <input type="checkbox"/> Skim Milk | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Orange Juice |
| | <input type="checkbox"/> Pineapple Juice |

Sunday Dinner

FWD

Room no:

Name:

Portion Size:

☐ Small

☐ Normal

Bakery

- | | |
|---|--|
| <input type="checkbox"/> Bread Roll White | <input type="checkbox"/> Bread White |
| <input type="checkbox"/> Bread Roll Wholemeal | <input type="checkbox"/> Bread Wholemeal |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Margarine |

Soup

- | | |
|--|---|
| <input type="checkbox"/> Beef Consommé | <input type="checkbox"/> Chicken & Vegetable Soup |
|--|---|

Main Course (Select One Only)

- ☐ Braised Veal Osso Bucco
Pan seared veal Osso Bucco braised in mixed vegetable & beef stock. Flavoured with onion and tomato
- ☐ Roast Turkey
Serve with ☐ gravy or ☐ cranberry sauce
- ☐ Sweet Potato, Leek and Capsicum Frittata
served with Napolitana sauce
- ☐ Red Salmon Salad Plate
- ☐ Light Assorted Sandwiches

Accompaniments

- | | |
|---|--|
| <input type="checkbox"/> Mashed Potato | <input type="checkbox"/> Seasonal Vegetables |
| <input type="checkbox"/> Roast Sweet Potatoes | <input type="checkbox"/> Side Salad |

Desserts

- | | |
|---|--|
| <input type="checkbox"/> Chocolate Cake | <input type="checkbox"/> Ice Cream |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> Low Fat Ice Cream |
| <input type="checkbox"/> Custard | <input type="checkbox"/> Fruit Yoghurt |

Dairy/Cold Beverages

- | | |
|--|---|
| <input type="checkbox"/> Full Cream Milk | <input type="checkbox"/> Diet Lemon Cordial |
| <input type="checkbox"/> Skim Milk | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Orange Juice |
| | <input type="checkbox"/> White Wine |
| | <input type="checkbox"/> Red Wine |
| | <input type="checkbox"/> Light Beer |